Załącznik nr 5 do zarządzenia nr 189/2025

COURSE SPECIFICATION

Course code: 0912.4.LEK.A.PPD

Course title in Polish: Psychologia rozwoju osobistego
Course title in English: Psychology of personal development

1. Placement of the course within the study programme

1.1. Field of study	Medicine
1.2. Mode of study	Full-time
1.3. Level of study	Uniform Master's study
1.4. Profile of study	General academic
1.5. Course specification author	Mgr Laura Osęka
1.6. Contact	laura.oseka@ujk.edu.pl

2. Generał characteristics of the course

2.1. Language of instruction	English
2.2. Entry requirements	-

3. Detailed characteristics of the course

3.1. Type of classes	Classes: 30h (including e-learning-10h)
3.2. Place of course delivery	Courses in the teaching rooms of UJK
3.3. Form of assessment	Short tests + Project (c) – prepare a thorough personal and professional development plan, using tools, techniques and theories discussed in class
3.4. Teaching methods	Classes Multiple Discussion (group), Activating Learning-Case Studies, Simulation Method Project Work.
3.5.a. Basic reading list	"Handbook of Personality Third Edition Theory and Research" Edited by O. John, R. Robins and L.Pervin
3.5.b. Supplementary reading list	"Mindshift: Break Through Obstacles to Learning and Discover Your Hidden Potential" B. Oakley "How To Win Friends and Influence People" D. Carnegie

4. Objectives, content and learning outcomes

4.1. Course objectives (taking into account the form of classes)

- **CO1.** Introduces the underlying theories and current scientific research about personal development psychology. Also shows the scope of tools, techniques and skills needed for personal growth and how to prepare effective personal development plans.
- **CO2.** Facilitates application of tools and techniques to maximize personal development potential and can prepare effective personal development plan.

4.2. Course content (taking into count the form of classes)

Classes

1. Familiarization with the syllabus and the subject requirements in connection with the explanation of the project. What is personal development, theory – A. Adler, C.G. Jung, E. Erikson (psychosocial theory), J.

Piaget (stages of cognitive development), L. Kohlberg (theory of moral development), A. Maslow, A. Bandura, M. Seligman and others.

2. The newest research and data about what we know about how personality is created and how much it is determined by biology and how much by the environment we live in; how we can use that knowledge in personal development.

3. Different techniques, tools and skills for understanding our personality and accordingly unlocking personal potential.

4. Demonstration and assessment of projects prepared by the students (project method)

(including classes conducted with the use of distance learning methods and techniques)

1. Theories of Personality and Human Development – An introduction to selected theories of personal development, including those of A. Adler, C.G. Jung, E. Erikson, J. Piaget and A. Maslow.
2. Biological and Environmental Factors Influencing Personality Development – An analysis of the influence of biological and environmental factors on personality formation and the ways this knowledge can be applied to personal development.

3. Self-Awareness, Self-Reflection and Personal Development Techniques – Exploring tools and techniques for understanding one's personality, recognizing and managing emotions, unlocking personal potential, and planning personal and professional development.

4.3. Course learning outcomes

Course learning outcomes (code)	Upon completion of the course, the student	Alignment with programme learning outcomes
in the area of knowledge knows and understands:		
W01	The psycho-physical development of a person from birth to death, including the specifics of physical, emotional, cognitive, and social development;	D.W1.
W02	Human behaviors that promote health and the principles of motivating patients towards health-promoting behaviors (Prochaska and DiClemente's change model, motivational interviewing);	D.W3.
in the area of skills knows how to:		
U01	Develop and refine self-awareness, the ability for self-reflection, and self-care, and contemplate with others one's own communication and behavior;	D.U7.
U02	Recognize one's own emotions and manage them in relationships with others, to effectively perform work despite one’s emotional reactions;	D.U8.
in the area of social competences is able to:		
K01	Recognize his/her own limitations and self-evaluate educational deficiencies and needs;	K.S5.
K02	Use reliable information sources;	K.S7.
K03	Take responsibility for own decisions made during professional activities including own safety and safety of other people.	K.S11.

4.4. Assessment methods for learning outcomes

Assessment method (+/-)

Course learning outcomes (code)	Oral/written/ practical examinaion /other (specify)*	Test*	Project*	In-class activity*	Independent study*	Group work*	Other Observation

Type of classes

1: / 2:	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...
W01								+			+										
W02								+			+										
U01								+			+										
U02								+			+										
K01-K03																				+	

Annotation. 1: form of classes; 2: learning outcomes

4.5. Assessment criteria for learning outcomes

Type of classes:

CLASSES (C) (including classes conducted with the use of distance learning methods and techniques)

Grade	Assessment criteria
3,0	Demonstrates knowledge of the basic principles and their uses, and demonstrates both enough ability and willingness to use this knowledge for a minimally passing grade 61%-68%
3,5	Knows and understands some concepts, and shows willingness and basic understanding of its use 69%-76%
4,0	Knows the material and shows promise of using this knowledge satisfactorily in the future 77%84%
4,5	Knows and understands the material and demonstrates a working ability to use this knowledge 85%-92%
5,0	Knows, understands, and shows thorough comprehension of the material and has excellent abilities 93%-100%

5. ECTS credit allocation – student workload

Category	Student workload (full-time mode)	Student workload (part-time mode)
NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER (CONTACT HOURS)	**30**	
Participation in lectures*		
Participation in seminars/laboratories*	20	
Other (specify) - classes conducted with the use of distance learning methods and techniques*	10	
INDEPENDENT STUDY (NON-CONTACT HOURS)	**20**	
Preparation for lectures*		
Preparation for seminars/laboratories*	20	
Preparation for examination/test*		
Gathering materials for project, online research*		
Preparation of a multimedia presentation*		

Other (specify)*		
TOTAL HOURS	**50**	
ECTS CREDITS for the course	**2**	

*** delete as appropriate**

Approved for implementation (date and legible signatures of course instructors in the given academic year):

……..